

Healthy Banana Bread

Try this banana bread as a nutritious way to get rid of any unwanted, over-ripe bananas kicking around the house!

1 1/2 cup flour
2 tsp baking powder
1/4 tsp baking soda
1 tsp salt
1/4 cup sugar
1/2 cup chopped nuts
2 eggs, beaten
1/3 cup corn syrup or honey
1 cup mashed ripe bananas

Stir dry ingredients together in a large bowl. Mix remaining ingredients together in another bowl. Make a “well” in the center of the dry ingredients, pour in liquid, stir until flour is moistened; spoon into a greased loaf pan. Bake at 350 degrees C, for 55-60 minutes.



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